

WHAT IS CLAIMED IS:

1. A multifunction gymnastic apparatus comprising:
 - a resilient fiberglass sheet;
 - a covering wrapping the resilient fiberglass sheet; and
 - 5 two handles connecting two ends of the resilient fiberglass sheet.
2. The multifunction gymnastic apparatus as claimed in claim 1, wherein the covering is made of buffer materials.
3. A multifunction gymnastic apparatus comprising:
 - a resilient fiberglass sheet;
 - 10 a covering wrapping the resilient fiberglass sheet;
 - two handles connecting two ends of the resilient fiberglass sheet, each of the two handles having a connecting portion; and
 - two extension rope adjustable devices arranged with the two handles correspondingly, each of the two extension rope adjustable devices including an
 - 15 engaging block, a regulator, a mat and a retractable rope; wherein the retractable rope has an end connecting in the regulator and an opposing end penetrating through the regulator and the mat to the engaging block, the engaging block accommodates with the connecting portion correspondingly; whereby the retractable rope is capable of expansion and contraction
 - 20 alternatively.
4. The multifunction gymnastic apparatus as claimed in claim 3, wherein the covering is made of buffer materials.